

BECOMING A CBT THERAPIST

Career advice for those wanting to become a CBT Therapist



BASIC REQUIREMENTS:

- Core profession relating to Mental Health and/or
- Psychology degree or equivalent + relevant clinical practice
- Postgraduate degree in CBT

MORE THAN ONE PATHWAY

By Dr Helen Moya

Becoming a CBT Therapist takes many years. It is a specialist clinical role that requires a long and solid background in the Mental Health field. It is typical to have a core profession first, such as:

- Mental Health Nursing
- Clinical Psychology
- Social Work
- Counselling (to a recognised accreditation level)
- Occupational Therapy

In addition to this you will need to complete an accredited Postgraduate Degree in CBT (1-2 years).

It is possible to undertake training in CBT without a core profession if you have a relevant degree (such as Psychology) and have at least 4 years of relevant clinical experience in the Mental Health field.

WITHOUT A CORE PROFESSION - THE KSA ROUTE

Proving equivalence through the KSA portfolio

Accredited CBT training courses, quite rightly, have strict entry requirements. This means that many people can get stuck without advice on pathways to prepare you for CBT training. In the absence of a core profession the British Association of Behavioural and Cognitive Psychotherapists (BABCP) – who are the accrediting body for CBT in the UK – allow another pathway called the KSA which stands for Knowledge, Skills and Attitudes which are consistent with a health professional. A portfolio is completed to evidence the meeting of 13 criteria and your experience needs to be almost equivalent to that of a core professional. Details of the KSA can be found at: <http://www.babcp.com/Accreditation/CBP/KSA.aspx>

It is never too late to plan a new direction for study or clinical role that will contribute to your goal of becoming a CBT therapist. It requires patience and resilience but will be worth it



For more information and to book an individual consultation
email: helen@moyacbt.co.uk

QUICK TIPS

Pre-degree or change of career point

Psychology can be studied at GCSE or A'Level at any age. Check local colleges for evening classes.

Degree study

If you already have a degree you can study Psychology as a Postgraduate degree at different levels

Graduate Entry Mental Health Nursing *

If you have a degree but no specific clinical experience in mental health then the GEN route is an option. This is a fast track intensive course of 2 years and leads to a Master's degree and registration with the Nursing and Midwifery Council (NMC) as a registered mental health nurse. You then have a core profession and many more options than just CBT.

Psychological Wellbeing Practitioner (PWP) Training *

Apply for Low Intensity CBT training as a PWP. These are funded by the NHS and are advertised by individual services. You work in practice whilst studying. This requires less clinical experience at entry, and would provide you with the relevant experience to access a High Intensity CBT training course once you have been in post for 2 years following qualification.

** - Please note, information on these training pathways may vary in terms of cost, entry requirements and availability.*

